

WE CLAIM:

1. A work station comprising:
  - 5 (a) a base;
  - (b) a user support affixed to said base;
  - 10 (c) an overhead hanger affixed to said base, having a rear portion extending upwardly behind said user support and an overhead portion extending forwardly above said user support a sufficient distance so that when a user is positioned in said user support said overhead portion is above said user; and
  - 15 (d) a peripheral mounting system affixable to said overhead portion proximate a distal end of said overhead portion.
2. The work station of claim 1, including a foot rest assembly affixable to said base and positioned to receive and support a user's feet when the user is  
20 in said user support.
3. The work station of claim 1, wherein said user support is an ergonomically designed chair having a head support.
- 25 4. The work station of claim 1, including a plurality of arms affixable to said base support and having casters at a distal end thereof, said arms radially positioned so as to support said work station in a stable position.
5. The work station of claim 4, including a CPU mounting assembly  
30 affixed to said rear portion.
6. The work station of claim 1, wherein said user support is attached to a vertical bar that telescopes within a sleeve affixed to said base.

7. The work station of claim 1, including a computer mouse and keyboard support affixed to said work station.

5 8. The work station of claim 7, including a frame affixed to said base having a vertical section, a rod telescopically slidable and rotatable within said sleeve and affixed at an upper end to a horizontally disposed bar, and a mouse tray and keypad tray pivotally coupled to said bar.

10 9. The work station of claim 1, wherein said overhead portion has block affixed to an end thereof, a mounting pipe extending from said block and an articulating arm attached at one end to said mounting pipe and at another end to said peripheral device.

15 10. The work station of claim 1 wherein said peripheral device is a computer monitor.

11. A method of providing a work station environment, comprising:

20 (a) providing a user area defined by a base, a user support affixed to said base, an overhead hanger affixed to said base, having a rear portion extending upwardly behind said user support and an overhead portion extending forwardly above said user support a sufficient distance so that when a user is positioned in said user support said  
25 overhead portion is above said user;

(b) providing a peripheral mounting system affixable to said overhead portion proximate a distal end of said overhead portion.

30 12. The method of claim 11, including providing a foot rest assembly affixable to said base and positioned to receive and support a user's feet when the user is in said user support.

13. The method of claim 11, including providing a mouse support tray and a keypad tray on a pivotal support frame affixed to said base.

5 14. The method of claim 11, including providing a frame affixed to said base having a vertical sleeve, a rod telescopically slidable and rotatable within said sleeve and affixed at an upper end to a horizontally disposed bar, and a mouse tray and keypad tray pivotally coupled to said bar.

10 15. The method of claim 11, including providing a plurality of legs each affixed at one end to said base and at an opposite end having a caster affixed thereto, said legs being radially spaced apart so that said work station is stable on a flat surface.